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**FOR IMMEDIATE RELEASE**

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### **LIVINGSTON HEALTHCARE TO OFFER FREE CARDIAC RISK ASSESSMENTS**

Livingston HealthCare will be offering free cardiac risk assessments at the Livingston Farmers Market Health Day on August 4 from 4:30 – 7:30 pm. Health Day is hosted by the Western Sustainability Exchange and sponsored by Livingston HealthCare.

Heart disease is the second leading cause of death in Park County, and it can affect anyone. This is an easy way to help protect yourself by understanding your cardiac risk factors. “This free screening only takes a few minutes,” said Sam Pleshar, Livingston HealthCare CEO. “And it could save your life.”

Join Livingston HealthCare on August 4 at Miles Park to get your blood pressure checked, learn about your BMI, and find out more about your risk factors for heart disease. There will also be information and resources on quitting tobacco use.

For more information about Livingston HealthCare, visit

[www.livingstonhealthcare.org](http://www.livingstonhealthcare.org).

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